New Movements

Today we are going to continue adding more 'words' into our new language. Our goal is to build control in singular movements and then move them into use - flow work, specifically in our Closed System Flow that will be developing on and on with time, until it will become a monster octopus with many tentacles. Such a flow will enable improvisation on the floor to happen in a beautiful demonstration of freedom of movement, mobility, strength, balance and control over one's body and mind. You can look at it as an advanced form of Yoga, Dance, mobility work, Improvisation, joint preparation, metcon - metabolic conditioning and of course - movement.

Corta Capim Spin

CORTA CAPIM SPIN

The corta capim spin requires some dynamic (rotational) balance and will be challenging at first.
Start in the squat. Shift the weight towards one foot, transferring into the ball of the foot and letting the knee come lower simultaneously. The other leg, which will become free to move due to the weight shift, will be straightened sideways.
Put your hands on the ground in front of you, between your legs. Start pushing the floor with your hands, rotating your body in its fixed position around the axis foot until you complete a full turn. Shift into the squat again and change sides. Repeat for reps.

The harder variation will be to initiate the push with the hands, and use your hands only to 'save you' in case of loss of balance. Try to do it as late as you can into the movement, until you feel you can complete the full turn with no hands assistance at all.

The hardest variation will be to initiate the movement from the hands and then complete a full turn with no hands touching the floor. Transform into the squat when you finish the full turn and start again to the opposite side. Make sure you do not shortcut here! Complete a full turn and land with the foot on its original spot on the floor.

QDR Circles

QDR CIRCLES

The QDR Circles are an advanced movement requiring the control of the **ADVANCED QDR ROTATIONAL PUSH UP**.
If you are unable to do it yet, go back to practice the intermediate and advanced variations of the QDR Rotational Push Ups and come back to this movement once you have done so.

Basically, from a squat, place you hands in front of you and lower towards the QDR, kick into the low one leg bridge QDR rotational push up position, trying to land as deep as you can into the rotation - almost in the line that originates in between your hands.
From the low one leg bridge position, take the straight leg, bend it and place it behind the bent leg in a cross-step and while making sure the body is lifted a bit higher than the original low bridge position. A side turning of the body needs to happen at the same time.
After cross-step (Look at the side and rear view to better understand that) slide your body from above towards the opposite elbow into a QDR position, while straightening the lower leg and kicking with it out of the position. Come out into a low 4 point stance on hands and feet and enter another QDR to repeat the circle. Complete the desired number of reps before changing sides.

Take notice of these details:
1. Do not let the body sag into the ground in the low bridge positions - lift your pelvis up and arch your back - to provide room for the cross step to happen.
2. Land softly on the balls of the foot each time before you come to your heels. (if necessary at all)
3. Strong elbow and wrist position should be maintained. No playing around here - keep tension or injury will occur. If you are not able to do so, go work easier variations.

4. **The hands do not move during the whole circle exercise** - this restriction will create a lot of good adaptations in your body - mobility, stability and strength, because you will have to move your whole body around those two points of contact, in a closed kinetic chain fashion. Moving the hands from their original position will degrade this exercise substantially.

Sample Workout - Beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 10 sec X 3 sets / 45-60 sec of rest

Floreio
C1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 3-5 sets / 60 sec of rest
D1. Corta Capim X 14 reps / 3 sets / 60 sec of rest

Conditioning
E1. High Bridge Static Hold 30,25,20 sec
E2. Gatherings Beginner Variations X 12,10,8 reps
Rest 45 sec between E1 and E2, complete 3 sets with the reps/time mentioned above

Prehab
F1. Shoulder ROM and Stabilization routine X 1 set
F2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest

Sample Workout - Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest

Floreio
C1. QDR Rotational Push Ups -Beginner variation or QDR Rotational Push Ups -Advanced variation X 10-14 reps / 5 sets / 60 sec of rest
D1. Corta Capim X 14 reps / 3 sets / 60 sec of rest

Conditioning
E1. Rotations into High Bridge X 12,10,8 reps
E2. Gatherings Intermidiate Variations X 12,10,8 reps
Rest 45 sec between E1 and E2, complete 3 sets with the reps mentioned above

Prehab
F1. Shoulder ROM and Stabilization routine X 1 set
F2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest

Sample Workout - Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 30 sec
B2. Handstand Straighten Into Line X 45 sec total work
Complete 2 cycles of B1-B2, resting 60 sec between exercises

Floreio
C1. QDR Circles X 10 reps per side / 5 sets / 60 sec of rest
D1. Corta Capim X 14 reps / 3 sets / 60 sec of rest

Conditioning
E1. Rotations into High Bridge X 12,10,8 reps
E2. Gatherings Advanced X 12,10,8 reps
Rest 45 sec between E1 and E2, complete 3 sets with the reps mentioned above

Prehab
F1. Shoulder ROM and Stabilization routine X 1 set
F2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest